



MacIntyre Academies  
Quest Academy

## AUGUST 2020 EDITION 1 NEWSLETTER



FACEBOOK PAGE — Quest Academy Family Group



“Quote of  
the week”

*“Success is not final; failure is  
not fatal: it is the courage to  
continue that counts.”*

*Winston S. Churchill*

# WELCOME



Dear Parents/Carers,

I hope that you have all had a wonderful summer break. I am really looking forward to seeing all of the learners back at school. Their first day back is Wednesday 2<sup>nd</sup> September and will be based in their form groups. They will then follow their timetables on Monday 10<sup>th</sup> September.

Over the summer holidays our office and facilities staff have worked particularly hard to ensure that any planned works have been completed before the learners return to school. There have been some significant further improvements to our already wonderful facilities. These include: a reading pod in the sensory garden, additional equipment in the outdoor learning area, three new teaching walls in Food Technology, Science and Alan Turing classroom, playground markings for younger learners to play a range of games, such as hop scotch and a fitness circuit, outdoor table tennis tables and a covered seated area for learners to relax in at break times. All areas under the play equipment have also been resurfaced.

The school has also purchased an additional 80 laptops and a charger trolley for each class so that every learner has their own laptop. We have also invested in other equipment linked to our Adventure, Community and Enterprise (ACE), Land Based Management, media studies and performing arts. Examples include specialist ICT equipment for media, 4D printer and laser cutter, electronic drum kits, a stage and lighting, two more polytunnels and a field shelter.

Finally, I would like to take this opportunity to congratulate the Year 11 learners for their achievements in their exams this year. They are all now looking forward to moving onto different colleges to pursue their particular interests. Once we are able to we will invite families and their children to a formal celebratory event. Due to current circumstances this is likely to be Easter.

Attached to the email is an amended version of the COVID 19 Q and A sheet sent out at the end of term. However, I would like to draw your attention to the section about Transport to highlight the recommendations by Warwickshire.

A copy of this and the school's COVID 19 risk assessment can be found on our website. If you have any queries please do not hesitate to contact us.

Kind regards,

*Nicola Wells.*

## UNIFORM

Our uniform is a black blazer with purple tape on the collar and lapels, a black V-neck sweat-shirt with purple stripe, and a purple polo with embroidered Quest Academy logo. In addition to the logo items we expect children to wear black trousers and plain black shoes or trainers; for those with sensory issues soft black trousers are allowed



although we prefer tailored trousers. Similarly smart tailored black shorts will be acceptable in summer. For PE learners wear a black t-shirt with purple side panels and white piping with an embroidered logo, a black hoodie

with purple side panels and embroidered logo and black shorts with purple panels with white piping and logo, comfortable sports shoes – pumps or trainers. Quest Black jogging bottoms for outdoor PE are allowed too.

If you would like to purchase new uniform, we have a limited stock of polo shirts, jumpers and blazers available in school. Please contact the school regarding stock level and sizes.

If we don't have the size or you require PE uniform, these can be ordered directly from Webb Ellis in Rugby. You can call and order over the telephone on **01788 567777**, email directly [Christine@webb-ellis.co.uk](mailto:Christine@webb-ellis.co.uk) or visit their <http://www.webb-ellis.co.uk/schools/>



## Book of the Week

### Grandpa's Great Escape

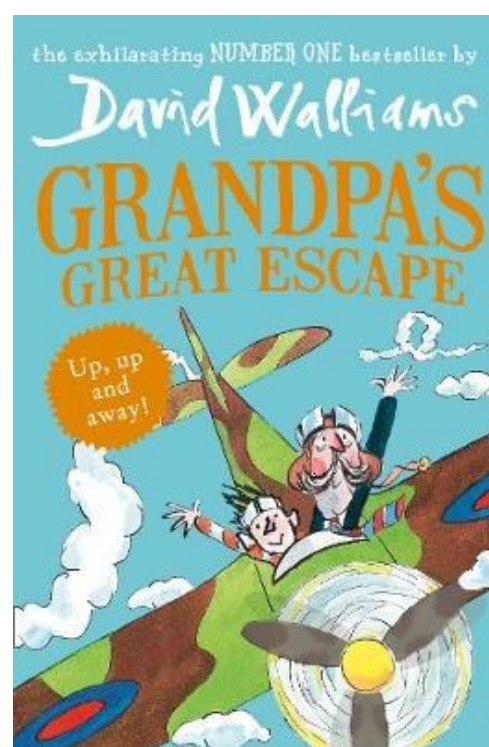
Author: David Walliams

Jack's Grandpa...

- \* wears his slippers to the supermarket
- \* serves up Spam a la Custard for dinner
- \* and often doesn't remember Jack's name

But he can still take to the skies in a speeding Spitfire and save the day...

An exquisite portrait of the bond between a small boy and his beloved Grandpa - this book takes readers on an incredible journey with Spitfires over London and Great Escapes through the city in a high octane adventure full of comedy and heart.







Family VibEs is for schools who want to engage parents more deeply in their children's values experience. Values in the home are key to nurturing family relationships, especially in challenging times. Family VibEs is a series of short leaflets for parents with ideas and help to bring values into the home. We hope this family values toolkit can help families to grow closer and more understanding of each other.

Joy is what happens to us when we allow ourselves to recognise how good things really are.



JOY is...

...the emotion of great delight or happiness.

...can often be a choice.

...the kind of happiness that doesn't depend on what happens.

....Is felt when we choose to find the good in everything.

What does Joy mean to you?

*"Joy is what happens to us when we allow ourselves to recognize how good things really are."*

~ Marianne Williamson

*"Find joy in everything you choose to do.*

*Every job, relationship, home. It's your responsibility to love it or change it."*

~ Chuck Palahniuk

### Communication – sharing ideas

- \* What does Joy mean to each of us? Let's listen to each other. Is Joy the same as Happiness or is there a subtle difference?.
- \* Joy Stories: Happiness doesn't come from Headstands by Tamara Levitt, Happy Birth Day by Robie H. Harris, Aliens Love Underpants by Claire Freedman, Mixed Up Fairy Tales by Hilary Robinson.
- \* Youtube video stories: <https://youtu.be/eaCcfLZgr0Q> , <https://youtu.be/Zf6KNWRwluE>



### **Behaviour & activities – doing together**

- \* Start a Wall of Joy. Put up a large sheet of paper somewhere in the house. Let everyone decorate it by adding things that give them joy. You can draw or write, and this works best if you just add to it as things happen during the week.
- \* Talk about what makes you happy, and why. Try out someone else's happy thing. Does it work for you? Does it help you understand them better?
- \* Check out the Action for Happiness website which has lots of ideas and resources. I recommend their book, "50 Ways to Feel Happy" <https://www.actionforhappiness.org/>

### **Happiness – family fun**

- \* Hold a family comedy night. Let everyone prepare a few jokes to tell and prepare a programme, refreshments and seating plan. Make it a real fun time for everyone. Even the youngest children enjoy joining in the laughter (although they don't always get the joke!)
- \* Put on a Happy Games Event. Once the social distancing rules are relaxed, you can join with another family too. Play a few games like 'keepy uppy', a relay hopping race, or any silly games you can think of. At the end of each game each person gives the game a 'Happy Score' from 1 to 10 to indicate how happy it made them feel. (This idea is thanks to '50 ways to feel Happy' from Action for Happiness.)



### **Wellbeing – being well in body and mind**

- \* Try a Guided Meditation on a Happiness theme. Here is one which is free to use: <https://www.greenchildmagazine.com/guidedmeditation-happiness-factory/>
- \* Here is another from Headspace: <https://www.headspace.com/meditation/happiness>
- \* I highly recommend pausing in your day to go inward and connect with your authentic self as a way of developing a greater capacity for Joy.

# YEAR 11 RESULTS DAY!



## WELL DONE TO ALL YEAR 11 FOR YOUR RESULTS!

We were so pleased to see so many of you, and we are happy the hoodie's fit!  
For those that haven't made it in we shall call to arrange you receiving results and Hoodies!

Department for Education

GCSE Grading	
New Grading Structure	Old Grading Structure
9	A*
8	
7	A
6	B
5	
Standard Pass → 4	C
3	D
2	E
1	F
	G
U	U

## CERTIFICATES

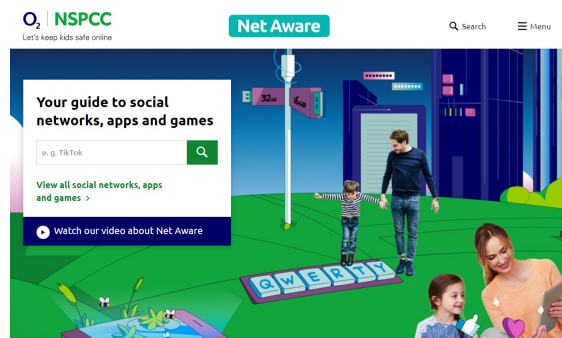
We will be in contact with parents/carers in due course to make arrangements for the collection of certificates, this will be approximately November 2020.

Any unclaimed certificates will be stored securely at school for 12 months only.

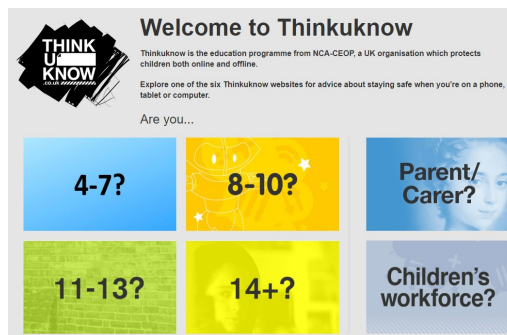


# ONLINE SAFETY

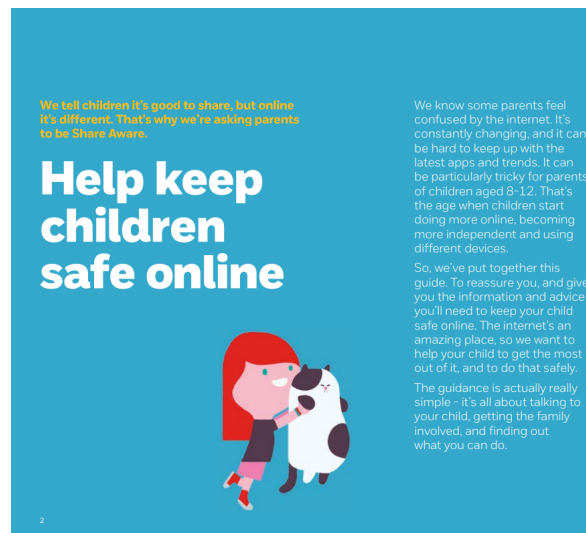
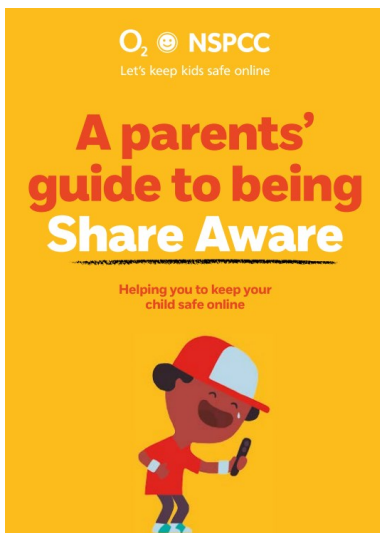
- Net Aware via NSPCC - <https://www.net-aware.org.uk/>



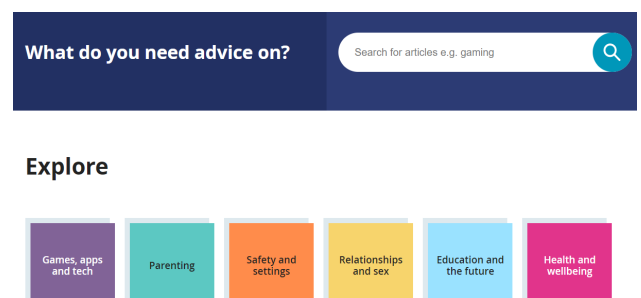
- CEOP [Thinkuknow website](https://www.thinkuknow.co.uk/) for advice and support



- Share Aware campaign - <https://www.nspcc.org.uk/globalassets/documents/advice-and-info/share-aware.pdf>



- Sign up to Parentinfo – a newsfeed that provides a range of parenting topics, written by experts - <https://parentinfo.org/>





# 3 WEEK ROLLING LUNCH MENU: SEPT 2020 - JULY 2021



Educaterers Hot and Cold Deli Bag Menu Week 1 – w/c Mondays 31/08, 21/09, 12/10, 9/11, 30/11

## Monday

**Tuna Mayo Sandwich** (F.E.G.SB.), Cheese, Crackers and Apple (G.D.), Juice Carton



or

Hot bap or filled bread of the day, served as an additional choice alongside the cold sandwich, bap or wrap.

## Hot Dog

featuring our award winning pork sausage (G.SU.)  
(vegetarian only) Veggie Hot Dog (G.SB.SU.)

## Tuesday

**Turkey Soft Bap** (G.), Iced Mandarin Sponge (G.E.), Milkshake (D.)



or

(v) **Homemade Rustic Margherita Pizza Slice** (D.G.)

## Wednesday

(v) **Cheese Soft Bap** (D.G.)  
Ice Cream Tub (D.), Juice Carton



or

**Lowerhurst Farm Organic Beefburger in Bap** (G.)

## Thursday

**Sliced Ham Sandwich** (SB.G.)  
Homemade Crunch Cookie (G.) Fresh Fruit, Milkshake (D.)



or

(v) **Veggie Hot Dog**  
Linda McCartney veggie sausage (G.SB.SU.)

## Friday

(v) **Egg Mayonnaise & Cress Soft Bap** (G.E.)  
Sticky Ginger Cake (G.E.), Fresh Fruit, Milkshake (D.)



or

**Fish Fillet Finger Bap**  
2 x Fish Fingers (F.G.)

**Please note**  
all deli bags are served with either vegetable sticks or salad.

**A drink is provided**  
with each meal,  
water is also available on request.

**Ketchup is offered with**  
the hot bap of the day

Presentation may vary to that shown in the photographs.

Meals may be served in bags or on plates depending on where they are to be served and eaten.

## Key

V = vegetarian  
D = Dairy  
N = Coconut/Nuts  
S = Sesame  
E = Egg  
G = Gluten/Wheat  
F = Fish  
M = Mustard  
SB = Soya  
SU = Sulphites

## Allergies

Please contact your school cook for information regarding the content of dishes and products on our menu.

www.educaterers.co.uk

Menu may change to meet customer preferences.

Tel: 01926412999

Email: contactus@educaterers.co.uk

educaterers A FOOD STORY



Educaterers Hot and Cold Deli Bag Menu Week 2 – w/c Mondays 7/09, 28/09, 19/10, 16/11, 7/12.

## Monday

(v) **Cheese Soft Bap** (D.G.)  
Flapjack (G.), Fresh Fruit, Juice Carton



or

**British Red Tractor Chicken Fillet Wrap** (G.)

## Tuesday

**British Roast Chicken Wrap** (G.), Homemade Sponge (G.E.), Fresh Fruit, Milkshake (D.)



or

**Hot Dog**  
featuring our award winning pork sausage (G.SU.)  
(vegetarian only) Veggie Hot Dog (G.SB.SU.)

## Wednesday

**Ham Soft Bap** (G.), Ice Cream Tub (D.), Juice Carton



or

**Lowerhurst Farm Organic Beefburger in Bap** (G.)  
(vegetarian only) 2 x Veggie Fingers in a Bap (G.)

## Thursday

**Tuna Mayo Sandwich** (F.E.G.SB.), Chocolate Shortbread (G.), Fresh Fruit, Milkshake (D.)



or

(v) **Veggie Hot Dog**  
Linda McCartney veggie sausage (G.SB.SU.)

## Friday

(v) **Cheese Soft Bap** (D.G.)  
Doughnuts (G.E.D.SB.), Juice Carton



or

**Fish Fillet Finger Bap**  
2 x Fish Fingers (F.G.)

**Please note**  
all deli bags are served with either vegetable sticks or salad.

**A drink is provided**  
with each meal,  
water is also available on request.

**Ketchup is offered with**  
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educaterers A FOOD STORY





**Monday**

(v) Cheese Sandwich (D.G.S.B.),  
Chocolate Cracknel (G.),  
Juice Carton



or

**British Red Tractor Chicken Fillet Wrap**  
(G.)

**Tuesday**

British Sliced Turkey Wrap (G.),  
Yoghurt (D.),  
Raisin Box, Juice Carton



or

(v) Veggie Hot Dog  
Linda McCartney veggie sausage (G.S.B.S.U.)

**Wednesday**

Tuna Mayo Soft Bap (G.F.E.) Up Beet Chocolate Cake (G.E.),  
Fresh Fruit, Milkshake (D.)



or

**Lowerhurst Farm Organic Beefburger in Bap**  
(G.)  
(vegetarian only) 2 x Veggie Fingers in a Bap (G.)

**Thursday**

British Roast Chicken Soft Bap (G.),  
Zesty Orange Cookie (G.),  
Fresh Fruit, Milkshake (D.)



or

**Hot Dog**  
featuring our award winning pork sausage (G.S.U.)  
(vegetarian only) Veggie Hot Dog (G.S.B.S.U.)

**Friday**

(v) Cheddar Cheese Wrap (D.G.),  
Fruit Muffin (G.E.D.), Juice Carton



or

**Fish Fillet Finger Bap**  
2 x Fish Fingers (F.G.)

Please note all deli bags are served with either vegetable sticks or salad.

A drink is provided with each meal, water is also available on request.

Ketchup is offered with the hot bap of the day

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**Free SCHOOL MEALS**

**UNIVERSAL INFANT FREE SCHOOL MEALS – IS MY CHILD ELIGIBLE?**

If you have a child in Reception or Key Stage 1, your child is entitled to a free lunch every day. By offering so much great choice, we're confident your child will find a meal combination they enjoy from our menu to help them develop and excel during school time.

Please contact your child's school for more information.



**OUR INGREDIENTS**

**IT ALL BEGINS WITH OUR PASSION FOR FANTASTIC FOOD!**

When we source our ingredients, we seek out trusted suppliers to provide the freshest, most nutritious and highest quality produce possible.

Our suppliers put sustainability, animal welfare and ethical trading at the heart of their businesses. As a result, we know with confidence, the food we serve is wholesome, safe and fully traceable.



**PROMOTIONS**

**LOOK OUT FOR OUR CALENDAR OF EXCITING THEMED MENUS AND PROMOTIONS INCLUDING:**

Mythical Creatures Menu - October

Hello Yellow - World Mental Health Day - October

Bonfire Banquet - 5th November

Food for Life Roast Dinner Day - November

Chinese New Year - February

World Book Day - March

Pupil Favourite Lunch - May

Sport's Day Picnic - July

...and not forgetting our Amazing Christmas Lunches with all the trimmings - December

Please note not all schools participate in all themed events, check with your child's school for more details.



**the NUTRI GANG**  
"On a mission for nutrition"



**TOP 5 facts about our lunch.**

**Fact 1**  
We are the school meal specialists serving over 130,000 meals every week.

**Fact 2**  
At least 75% of our menu is freshly prepared everyday by our professional kitchen teams.

**Fact 3**  
All our staff are trained in allergy awareness to provide menu advice and support for customers with food allergies and intolerances.

**Fact 4**  
We work with NHS dietetics teams across the region to support customers with special dietary needs.

**Fact 5**  
Most importantly, we love what we do and we are always on a mission to create fun at lunchtime.

**Join our TEAM**

**Are you passionate about food?**

Could you help us serve healthy lunches to local schoolchildren?

Would you like to work school hours, term time only?

Then why not join one of our friendly school based teams? Full training package offered with opportunities for career progression.

Find us on Facebook at Educaterers Join Our Team or via the link on our website.



Find out more about Saffron, Iris, Reece and Doug, our NUTRIGANG at [www.educaterers.co.uk](http://www.educaterers.co.uk)

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FS 634414

# COPING WITH ANXIETY IN A POST-LOCKDOWN WORLD



*Dr Fiona Pienaar, Senior Clinical Advisor at [Mental Health Innovations/Shout](#), offers her expert advice on how to cope with the challenges of emerging from lockdown. After months of being isolated at home, we can finally return to some kind of normality. But, for many people, the end of lockdown has signalled the start of a new set of worries. So, what is it about post-lockdown life that's making us anxious?*

## **What lockdown did to us**

Lockdown was an unprecedented situation and there was no roadmap to guide us. But, as we began to understand the nature of this pandemic, we stayed home, avoided those who were not part of our lockdown group, and developed new routines, new roles, and new ways of connecting and working.

It's likely that people found this experience incredibly challenging. Holding down a combination of diverse roles has understandably affected the mental health and wellbeing of many adults. Challenges around job losses and financial strain have been rife.

Children and young people, meanwhile, lost their freedom and missed out on the many rites of passage of being a child and an adolescent.

All of these experiences, or lack of, involve loss and change and, potentially, grief and the associated strong emotions. Indeed, there is growing awareness that the lockdown experience could lead to a surge in people of all ages needing mental health support now and into the future.

Given the national and global challenges, it is completely understandable if we have felt fearful, anxious, angry, sad, and other emotions. The speed of change in terms of the advice we receive is rapid and sometimes confusing. We are also constantly reminded about the potential threat to our health. It can feel like an unpredictable rollercoaster where you can't see what's ahead.

## **Why are we experiencing post-lockdown anxiety?**

Now, after months of looking forward to an end to lockdown, we can finally start to return to a new normality. So why do so many people, adults and children alike, feel anxious about actually taking those steps outside their homes? I wonder if this is partly associated with control, or lack of it.

As we settled into the predictable routines of lockdown and daily news of the pandemic ebbed and flowed, home might have started to feel like a safe environment to shelter in.

In a world where it felt as if we had lost personal control of our lives beyond our front door, our homes were a place where we could follow routines and feel like we had some control. Perhaps, while we didn't like the fact that our freedom was curtailed, we understood that staying at home protected us and our families and we held control of that.

Going into an environment that looks and feels different, might feel as if we lose control of the ability to ensure our own and our children's safety.

There may be other factors contributing to our anxiety, including:

- Lack of clarity as to when the pandemic will be under control, meaning we may feel hesitant to 'start over'
- The threat of a second wave of infections potentially resulting in a second round of lockdowns
- Reconnecting with others after such a long period of isolation and separation

## **What can we do to support ourselves and our families as we step into this next phase?**

For a start ... whether you are starting to go out to work and socialise, whether you are still shielding at home and whether you have pre-existing mental health challenges or not, remind yourself and your family that it is completely understandable to be experiencing anxiety in what is another period of adjustment.



Everyone has experienced and coped with lockdown and social isolation in their own way, individually and as a family or a group. Taking the time to think about how you and your family successfully negotiated your way through this period of lockdown can help you get in touch with your resilience, grit and determination and perhaps reveal new insight into the ability you all have to cope under challenging conditions.

Even if there were many occasions where it felt distinctly dark and hopeless, you have nevertheless reached this point! Knowing that you have this success under your belt, so to speak, can give you a sense of what you are all capable of as you step into this next phase.

Ask yourself and your family:

- What did you notice about yourself and how you coped during the lockdown period?
- What are you proud of?
- What have you noticed about each other?
- What are your strengths as a family?
- How are you going to move together through this next stage?

### As lockdown eases, some Top Tips to take away:

1. **Keep a check on the information you and your family are absorbing** about the global pandemic. Don't let too much exposure to news and updates impact on your wellbeing.
2. Sometimes we forget to be aware of our breathing. **Take a few deep breaths, clear your mind, focus on your breathing.** Practise with your children. It can help to calm things down very quickly.
3. **Remind yourself and your family of your strengths and what you have already coped with to get to this point.** We are usually stronger than we give ourselves credit for.
4. **Make time to talk** – during a mealtime, in the car, sitting on a child's bed at night. Check how every body is feeling, what they're thinking; watch out for each other, particularly children and young people and those more vulnerable. Take time out to relax and have fun.
5. **Reach out for support** from family, friends and colleagues. Seek professional help if you feel you, or a family member, need it.  
...and remember...**let's be kind to ourselves and to others.**

### Further help

- [Shout](#) is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Text Shout to 85258
- The charity [Mind](#) offers free support for anyone suffering from mental health-related issues. If you need advice or signposting to an appropriate support service you can get in touch with Mind by phone (0300 123 3393) or email ([info@mind.org.uk](mailto:info@mind.org.uk)).
- [YoungMinds](#) is the UK's leading mental health charity for children and young people. Through its website, young people and their parents can access a wealth of resources to help them respond to mental health challenges and get help. They also have a parent hotline you can call on 0808 802 5544.
- Parent Info has a list of online mental health resources [here](#)

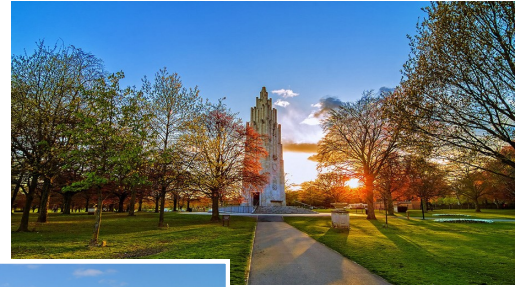




# LOCAL THINGS TO DO (CHEAP OR FREE)

## Coventry

- [Transport Museum](#) - Join us this summer in our [workshops](#) where everyday objects become new playful creations for your child to take home. Book online in advance - £5 per child including one accompanying adult.
- [Coombe Abbey Park](#)
- [Brandon Marsh Nature Reserve](#)
- [War Memorial Park](#)



## Rugby

- [Draycote Water](#)
- [Caldecott Park](#)
- [World of Rugby Hall of Fame](#)
- [Rugby Art Gallery & Museum](#) - reopening on Thursday 6th August.



## Leamington Spa

- [Jephson Gardens](#)
- [Quarry Park Disc Golf](#)
- [Jephson Glasshouse and botanical garden](#)



## QUEST POINTS, FRIDAYS AND SCRIPTS

In September there will be some strengthening of procedures, please note there is no new changes just some minor adaptations due to COVID-19.

Friday enrichment opportunities will no longer be referred to as “rewards” but instead, this will now become **Social Skills** (lower school) and **Community and Enterprise** (upper school). As a result of these adaptations, there will be no Quest points for each lesson, we will instead emphasise the use of **Empathy** points, promoting and recognising positive behaviour within Quest.

We will recognise positive behaviour presented by learners in the form of recognition time (at the end of each day), postcards, certificates and a whole class reward based on an individualised empathy target per class.

**E  
M  
P  
A  
T  
H  
Y**

Encouraging others

Making the right choice

Perseverance

Above and beyond

Taking responsibility

Honesty

Yes I can attitude

## SCRIPTS

Refined scripts from September, a few scripts have been removed, this is to ensure the use of scripts are simpler and easier to understand for our learners. The scripts are broken down into our three school rules, **be ready**, **be respectful** and **be safe**.

## MAKING IT RIGHT

Learners will have an opportunity to attend a 'making it right' session, at the end of each lesson

(5-10min, this is a token gesture). This is for learners who have been unable to access their learning or have shown unsafe behaviour during a lesson that is not in line with the three school rules.

If the learner has been unable to complete the 'making it right' session at the end of the lesson, the session will then be held at the end of the day (3pm-3:25pm). These sessions will either be academic or behaviour-based, depending on the reason for the 'making it right' session. If the learner does not need to attend any 'making it right' sessions, they will attend 'recognition time' instead, where they will access a range of choice time opportunities in recognition of their positive behaviour.

What happens if a learner does not access "Making it Right":

- 3 sessions missed – email home from Tutor
- 5 sessions missed – phone call home from behaviour lead/ discussed in Inclusion meeting
- 10 sessions missed – parent/career meeting with Assistant Principal and behaviour lead

**The amount of sessions missed resets at the start of each half-term.**

## FRIDAYS:

Due to recognition time being held each day, Enrichment will no longer be held on a Friday. Instead, lower school will access a **Social Skills** programme and upper school will access a **Community and Enterprise programme**. These programmes will be implemented in order to facilitate the learners in developing more skills that are suited to their age-group, in a fun and engaging way, ensuring they are "Ready for Life". Due to the nature of the activities learners will take part in Fridays remain a non-uniform day.







## THIS WEEKS CHALLENGE - CAN YOU FIND THE ANSWERS TO THESE RIDDLES?



Alive without breath, As cold as death;  
Never thirsty, ever drinking,  
All in mail never clinking.

J. R. R. Tolkien

It cannot be seen, cannot be felt  
Cannot be heard, cannot be smelt  
It lies behind stars and under hills  
And empty holes it fills  
It comes out first and follows after  
Ends life, kills laughter

Voiceless it cries, Wingless flutters,  
Toothless bites,  
Mouthless mutters.

J. R. R. Tolkien

What has roots as nobody sees,  
Is taller than trees,  
Up, up it goes,  
And yet never grows?

This thing all things devours: Birds, beasts,  
trees, flowers; Gnaws iron, bites steel;  
Grinds hard stones to meal; Slays king,  
ruins town, And beats high mountain down.

J. R. R. Tolkien

quoteancy

## LAST NEWSLETTER CHALLENGES - DID YOU FIND THE ANSWERS TO THESE RIDDLES?

I come in different shapes and sizes. Some parts of me are curved, other parts are straight.

You can put me anywhere you like, but there is only one right place for me.

**What am I?**

I am a jigsaw piece.



John's father has five sons  
The names of four sons are  
Papa, Pepe, Pipi and Popo  
respectively

**What is the name of the fifth son?**

'John' is the fifth son.

I get smaller every time  
i take a bath

**What am I?**

I am soap.



Stronger than steel yet  
Lighter than cotton  
Found in a corner  
Forever forgotten  
I bother so many  
But marvel a few  
You can't seem  
To make me  
I'm a mystery to you  
**What am I?**

I am a Cobweb.



I jump when i walk  
and sit when i stand  
**What am I?**

I am a Kangaroo.



**What is stronger than steel but cowers from the sun?**

I am a Ice.







## QUEST TERM DATES FOR 2020 - 21:

AUTUMN TERM 2020	
INSET day (no learners on site)	Tuesday 1st September 2020
Starts	Wednesday 2nd September 2020
Half term	Monday 26th October 2020 - Tuesday 3rd November 2020
Ends	Friday 18th December 2020
Christmas holiday	Monday 21st December 2019 - Monday 4th January 2020
SPRING TERM 2021	
INSET day (no learners on site)	Monday 4th January 2021
Starts	Tuesday 5th January 2021
Half term	Monday 15th February 2021 - Friday 19th February 2021
Trust INSET (no learners on site)	Friday 5th March 2021
INSET day (no learners on site)	Monday 8th March 2021
INSET day (no learners on site)	Tuesday 9th March 2021
Ends	Thursday 1st April 2021
Spring (Easter) holiday	Friday 2nd April 2021 - Friday 16th April 2021
SUMMER TERM 2021	
Starts	Monday 19th April 2021
Bank Holiday	Monday 3rd May 2021
Half term	Monday 31st May 2021 - Friday 4th June 2021
Ends	Friday 23rd July 2021

## SAFEGUARDING & FAMILY FOOTINGS TEAM



- **Daisy** is responsible for lower school families and is available on;  
[daisy.howden@macintyreacademies.org](mailto:daisy.howden@macintyreacademies.org) Work mobile 07504001918



- **Joan** is responsible for upper school families and is available on;  
[Joan.goodrich@macintyreacademies.org](mailto:Joan.goodrich@macintyreacademies.org) Work mobile 07377990796



- If you have any higher level Safeguarding concerns or questions please contact **Anna** on [anna.stelfox@macintyreacademies.org](mailto:anna.stelfox@macintyreacademies.org) Work mobile 07377990797

We are available to help families with things like accessing family support, Early Help, Child In Need Meetings, Child Protection Meetings, taxi queries, support working with other professionals such as CAMHS, general safeguarding questions and much more.

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### How to contact members of staff:

Please contact Reception if you would like to speak with a member of staff. You will either be transferred or reception will email the member of staff to let them know that you have called.